

## AEROBICS

Aerobics will be offered 1 or 2 lunchtimes a week in the gym. The sessions will be taken by a professional Aerobics Instructor and is open to all students.

<b><u>TRAININGS:</u></b>	Personal training for those entering competitions
<b><u>UNIFORM:</u></b>	Full PE gear for all lunchtime training
<b><u>COMPETITION:</u></b>	CSW Secondary Schools Aerobics Championships 10 <sup>th</sup> – 11 <sup>th</sup> August 2012 – St Pat's College - Wellington
<b><u>REGISTRATION FEE:</u></b>	<b>\$40.00</b>

## ATHLETICS

The whole school is involved in the school Athletics Day which will be held this year at the Hutt Recreation Grounds – Bellevue Road, Lower Hutt (opposite SHC) on Tuesday 28<sup>th</sup> February 2012.

**Please Note:** Further Information regarding our school event will be circulated at the beginning of the 2012 year.

The school Athletics team will be selected from these results.

Members of the team will participate in the Girls Zone Athletics Champs on Wednesday 7<sup>th</sup> March 2012 at Newtown Park in Wellington.

Athletes selected will then participate in the Regional Championships on Wednesday 14<sup>th</sup> March 2012 from which a Wellington team will be selected to compete in the North Island Champs to be held in Tauranga over the weekend of 31<sup>st</sup> March – 1<sup>st</sup> April 2012.

<b><u>TRAININGS:</u></b>	Personal programme's Available on request
<b><u>UNIFORM:</u></b>	SHC Athletics Singlets will be provided when the girls compete in the Girls Zone & Regional Athletics Meets, Plain Black running shorts/tights or PE Shorts
<b><u>COMPETITIONS:</u></b>	SHC Full School Athletics – Tuesday 28 <sup>th</sup> February Girls Zone Athletics Champs – Wednesday 7 <sup>th</sup> March CSW Regional Athletics Champs – Wednesday 14 <sup>th</sup> March
<b><u>COST:</u></b>	<b>Entry fees, travel and accommodation for away events</b>

## BADMINTON

<b><u>TRAININGS:</u></b>	Lunchtime session in gym or can arrange your own team trainings
<b><u>UNIFORM:</u></b>	Black shorts / SHC PE shirt, sports shoes Students are expected to provide their own Badminton Racquets' or hire one from the PE Department.
<b><u>VENUE:</u></b>	Various venues in the Hutt Valley and Wellington Region
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>TRANSPORT:</u></b>	Students need to make own transport arrangements
<b><u>COMPETITIONS:</u></b>	Thursday's – Junior's 4 – 5pm & Friday – Senior's 4 – 5pm  Wednesday 27 <sup>th</sup> June 2012 - CSW Senior Singles Champs Wednesday 1 <sup>st</sup> August 2012 - CSW Junior Singles Champs (Both at Badminton Hall – Haitaitai)
<b><u>REGISTRATION FEE:</u></b>	<b>\$35.00</b>

## BASKETBALL

<b><u>TRAININGS:</u></b>	TBC once coaches have been appointed
<b><u>UNIFORM:</u></b>	Senior's uniforms provided – Shorts & Singlets Juniors black PE shorts & PE shirts
<b><u>VENUE:</u></b>	Senior's to play at ASB Sports Centre in Wellington Juniors to play at Various School Gymnasiums within the Hutt Valley/Wellington Region OR the ASB Sports Centre in Wellington (this is dependent on the grade)
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>TRANSPORT:</u></b>	Students to arrange own transport to away games.
<b><u>COMPETITIONS</u></b>	Senior's – CSW Senior Competition - Friday evenings Junior's – CSW Junior Competition - Tuesday evenings
<b><u>REGISTRATION FEE</u></b>	<b>Senior's (Year 11-13): \$100</b> <b>Junior's (Year 9-10): \$80</b>

## BOWLS

<b><u>UNIFORM:</u></b>	Black PE shorts or Black Tracksuit Pants & PE Shirt
<b><u>VENUE :</u></b>	Various Bowls Clubs in the Hutt Valley and Wellington Region
<b><u>SEASON:</u></b>	Terms 1 & 4 – Currently played on a Thursday – 4pm
<b><u>TRANSPORT:</u></b>	Students to make own arrangements unless competing at a CSW 1 day Championships.
<b><u>COMPETITION:</u></b>	CSW Championships – Monday 12 <sup>th</sup> March 2012 CSW Junior Championships – Tuesday 13 <sup>th</sup> November 2012
<b><u>REGISTRATION FEE:</u></b>	<b>\$30.00</b>

## CRICKET

<b><u>TRAININGS:</u></b>	TBC once Coaches have been appointed
<b><u>UNIFORM:</u></b>	PE Shirt, white cricket pants OR Black PE Shorts & sports shoes
<b><u>VENUE:</u></b>	Various grounds in the Hutt Valley and Wellington
<b><u>SEASON:</u></b>	Terms 1 & 4 played on Thursday's at 4pm
<b><u>TRANSPORT:</u></b>	Students to make own arrangements or with Manager
<b><u>COMPETITION:</u></b>	Wellington and Hutt Valley Secondary Schools Competition NZCT Girls Tournament – Mon 26 <sup>th</sup> – Wed 28 <sup>th</sup> March 2012 Tournament Venue -TBC
<b><u>REGISTRATION FEE:</u></b>	<b>\$30.00</b>

## CROSS COUNTRY AND ROAD RACING

Longer distance athletes are encouraged to participate in the Cross Country Competition and Road Racing events.

<b><u>TRAININGS:</u></b>	Personal training programme. A lunchtime running group will be organised.
<b><u>UNIFORMS:</u></b>	PE uniform, SHC athletic singlet
<b><u>COMPETITIONS:</u></b>	The Cross Country and Road Race programmes include races for individuals and teams at local events (see below)
<b><u>PROGRAMME:</u></b>	Wednesday 9 <sup>th</sup> May 2012 – Scottish Athletics Club Cross Country Relays – Karori Park, Wellington Wednesday 30 <sup>th</sup> May 2012 – CSW Cross Country Champs Trentham Memorial Park, Upper Hutt Wednesday 29 <sup>th</sup> August 2012 – Scottish Athletics Club Road Race Relays – Trentham Memorial Park Wednesday 19 <sup>th</sup> September 2012 - CSW Road Race Champs – CIT Trentham, Upper Hutt
<b><u>COST:</u></b>	<b>Transport and entry fee costs</b>

## FOOTBALL

<b><u>TRAININGS:</u></b>	1 <sup>st</sup> XI – x2 per Week, 2 <sup>nd</sup> /3 <sup>rd</sup> XI x1 per week – All depending on Coaches Availability – Days TBC
<b><u>UNIFORM:</u></b>	1 <sup>st</sup> XI – Shirts Provided, Black PE Shorts & Red Sock 2 <sup>nd</sup> /3 <sup>rd</sup> XI & Social Teams – PE Shirt, Black PE Shorts & Red Socks
<b><u>VENUE:</u></b>	Various grounds in the Hutt Valley and Wellington Region
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>TRANSPORT:</u></b>	Students to arrange own transport
<b><u>COMPETITIONS:</u></b>	CSW Regional Competition - Wednesday 4.00 – 5.30pm 1 <sup>st</sup> XI Team Only – Winter Tournament Week: 3 <sup>rd</sup> – 7 <sup>th</sup> September 2012 - Central Satellite Tournament – Palmerston North.
<b><u>REGISTRATION FEE</u></b>	<b>\$50.00</b>

## GOLF

<b><u>TRAININGS:</u></b>	Personal training programmes within the Club structure
<b><u>UNIFORM:</u></b>	Black dress shorts/trousers & PE Shirts
<b><u>VENUE :</u></b>	Various Golf Courses in the Hutt Valley and Wellington Region
<b><u>SEASON:</u></b>	Terms 1 & 4
<b><u>TRANSPORT:</u></b>	Students are responsible for providing own transport unless competing in the CSW 1 day tournaments
<b><u>COMPETITIONS:</u></b>	Thursday 22 <sup>nd</sup> March 2012 - CSW Open & Teams Champs - Royal Wellington Golf Course, Upper Hutt Monday 2 <sup>nd</sup> April 2012 - CSW Philips and or Mark Brown Cup Final – Shandon Golf Course, Lower Hutt Thursday 22 <sup>nd</sup> November 2012 - CSW Junior Championships – Trentham Golf Course, Upper Hutt
<b><u>REGISTRATION FEE:</u></b>	<b>\$30.00</b>

## HOCKEY

<b><u>TRAININGS:</u></b>	1 <sup>st</sup> XI – x2 per Week, 2 <sup>nd</sup> /3 <sup>rd</sup> XI x1 per week – All depending on Coaches Availability – Days TBC
<b><u>UNIFORM:</u></b>	1 <sup>st</sup> XI – Dress provided, Red socks + Black socks (as Alternate strip) 2 <sup>nd</sup> & 3 <sup>rd</sup> XI – PE shirt/ shorts, Red socks Purchased from uniform shop, Sports Shoes
<b><u>ALL REQUIRE:</u></b>	Red socks / shin pads / mouth guards / hockey sticks.
<b><u>VENUES:</u></b>	Fraser Park – Lower Hutt, Elsdon Hockey Turf – Porirua & National Hockey Stadium - Wellington
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>TRANSPORT:</u></b>	Students are responsible for providing own transport
<b><u>COMPETITIONS:</u></b>	1 <sup>st</sup> XI – Friday evenings 2 <sup>nd</sup> & 3 <sup>rd</sup> XI Tuesday or Wednesday evenings (Dependant on Grade Te Toa (1 <sup>st</sup> XI ONLY) -Sacred Heart Girls College New Plymouth TBC National Tournament (1 <sup>st</sup> XI ONLY) – Venue TBC – Winter Tournament Week: 3 <sup>rd</sup> – 7 <sup>th</sup> September 2012
<b><u>REGISTRATION FEE:</u></b>	<b>1<sup>st</sup> XI Team: \$150 (To cover entry &amp; turf fees) – Tournament costs will be extra</b> <b>2<sup>nd</sup>/3<sup>rd</sup> XI Teams: \$130 (To cover entry &amp; turf fees)</b>

# NETBALL

**TRAININGS:** At least 1 per week – may be before school, lunch hour or after school, depending on court availability and coach’s preference.

**UNIFORM:** Senior A & B – Dresses Provided  
SHC PE shirt, white socks, (NO BIKE PANTS) red skirt (available from uniform shop)

**COMPETITIONS/VENUES:** Senior A – Monday evening at St Oran’s College  
All other teams – Saturdays - Hutt Valley Secondary School Netball Competition to be played at Sacred Heart College Courts & at Wainuiomata High School – Gymnasium & outside Courts.  
Thursday 17<sup>th</sup> May 2012 - CSW Premier Tournament (Senior A) – ASB Centre, Wellington  
Thursday 9<sup>th</sup> August 2012 - CSW Junior A Tournament (Year 10A) – ASB Centre, Wellington  
Queen’s Birthday Weekend Fri 1<sup>st</sup> – Sun 3<sup>rd</sup> June - Mission Cup – (Senior A Team ONLY) - SHC – Lower Hutt  
Western Development Tournament (Year 9A/Year 10A Teams ONLY) –Venue & Dates TBC  
LNISS Netball Tournament (Snr A Team ONLY) – Winter  
Tournament Week: 3<sup>rd</sup> – 7<sup>th</sup> September 2012 – Palmerston North

**SEASON** Terms 2 & 3 – Start dates are: Senior A –Monday 30<sup>th</sup> April 2012  
All other Teams – Saturday 5<sup>th</sup> May 2012 (x4 weeks of Grading, then into competition rounds)

**TEAM GEAR BAGS:** Gear bags with Training & Playing Balls & a set of bibs will be issued by the College.

**TRIALS:** Will be held during Term 1. Details and information will be posted on school website and on daily notices in Mid February.  
All year 9 players will be trialled and placed into teams in their own year Level. Year 10 and above may organise Social teams of min 10 players per team - All players in these teams must be registered by the date stated – this will be confirmed at the beginning of 2012.  
Year 10 students not wanting to play social will be trialled and placed into Year 10 teams.

**REGISTRATION FEE:** Senior A Team: \$80.00 (Tournaments costs are extra)  
All other Teams: \$70.00

## RUGBY

<b><u>TRAININGS:</u></b>	1/2 per week – TBC once Coaches have been appointed
<b><u>UNIFORM:</u></b>	Rugby jerseys will be provided. Students will need to purchase red socks, black rugby Shorts and a mouth guard.
<b><u>VENUE:</u></b>	Various grounds in the Hutt Valley and Wellington Region
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>COMPETITION:</u></b>	CSW Girls Competition – Thursday’s 4.00pm
<b><u>REGISTRATION FEE:</u></b>	<b>\$45.00 (To cover entry fees &amp; dry-cleaning of jerseys)</b>

## SOFTBALL

<b><u>TRAININGS:</u></b>	1 or 2 per week – TBC depending on Coaches availability
<b><u>UNIFORM:</u></b>	School PE shirt, Black shorts Black (Knee length) socks & Sports Shoes. <b>Players must have own glove.</b>
<b><u>COMPETITION:</u></b>	<b>There is NO regular weekly competition for this Sporting Code – Tournament Team’s ONLY!</b> Sunday 26 <sup>th</sup> February 2012 - CSW Hutt Zone Qualifying Tournament - Fraser Park. Summer Tournament Week: 26 <sup>th</sup> – 30 <sup>th</sup> March - NZ Secondary Schools Division 1 Championships – Fraser Park, Lower Hutt 26 <sup>th</sup> – 29 <sup>th</sup> November 2012 - North Island Junior Championships – Venue TBC
<b><u>REGISTRATION FEE:</u></b>	<b>\$50.00 (Extra costs involved for Tournament week)</b>

## SWIMMING

Girls wanting to compete along with the Year 13's are involved in the school swimming sports held at Huia Pool on Wednesday 4<sup>th</sup> April 2012 –From this event the school relay teams are selected.

**TRAININGS:** Most top swimmers belong to clubs and have personal programs; if interested we can help with setting up a swim club or personal programme to be done in your own time.

**COMPETITIONS:** Wednesday 4<sup>th</sup> April 2012 - School swimming champs - Huia Pool  
Thursday 21<sup>st</sup> June 2012 - CSW Individual Swim Championships – Naenae Pool  
Saturday 19<sup>th</sup> May 2012 - North Island Secondary School Champs - Palmerston North

**COST:** Transport & Entry Fee costs.

## TENNIS

**TRAININGS:** Mon, Tues & Wed Lunchtimes throughout Terms 1 & 4 with a professional coach (arranged by the school)

**UNIFORM:** PE shirt, Black shorts or tennis skirt (Black), White Socks, Sport shoes

**VENUE:** Various Colleges or Clubs in the Hutt Valley Region- games start 4pm

**SEASON:** Terms 1 & 4 (Juniors) Tuesday's  
Terms 1 & 4 (Seniors) Thursday's

**TRANSPORT:** Students to make own transport arrangements unless competing in the 1 day competitions

**COMPETITION:** Tuesday/Thursday - CSW & Hutt Valley Secondary Schoolgirls Competition  
Tuesday 13<sup>th</sup> March 2012 - CSW Senior Individual Championships – Renouf Centre, Wellington  
Wednesday 7<sup>th</sup> November 2012 – CSW Junior Individual Championships – Renouf Centre, Wellington

**REGISTRATION FEE:** \$50.00

## TOUCH RUGBY

<b><u>TRAININGS:</u></b>	Teams to arrange own trainings either during the lunch hour or afterschool.
<b><u>VENUE:</u></b>	Fraser Park - Games start 4pm and 5pm
<b><u>SEASON:</u></b>	Term 1 & 4 (Juniors ONLY in Term 4) –this is a 3 week competition per term with 2 games per night played.
<b><u>UNIFORM:</u></b>	School PE shirt, Black shorts White Socks, Sport shoes
<b><u>TRANSPORT:</u></b>	Students to make own arrangements
<b><u>COMPETITION:</u></b>	CSW Hutt Valley Secondary Schoolgirls Competition – Tuesday’s Wednesday 23 <sup>rd</sup> February 2012 - CSW Qualifying Tournament – Fraser Park, Lower Hutt (Senior A ONLY) Sunday 25 <sup>th</sup> March 2012 - Central Region – Palmerston North (Senior A ONLY) Thursday 15th November 2012 - CSW Junior Tournament – Fraser Park, Lower Hutt
<b><u>REGISTRATION FEE</u></b>	<b>\$30.00</b>

## TRIATHLON

<b><u>TRAININGS</u></b>	Personal training programs available on request
<b><u>EQUIPMENT</u></b>	You need to supply your own bike, Wetsuit or togs & swim cap
<b><u>UNIFORM</u></b>	You will be provided with an Athletics Singlet
<b><u>COMPETITION</u></b>	Thursday 8 <sup>th</sup> March 2012 - CSW Triathlon Championships – Scorching Bay, Wellington
<b><u>COST:</u></b>	<b>Transport and entry fee costs</b>

# UNDERWATER HOCKEY

<b><u>TRAININGS:</u></b>	TBC – dependant on Coaches & Pool time Availability
<b><u>UNIFORM:</u></b>	SHC Swimming togs, SHC PE Shirt, PE Shorts & Tracksuit or Pool side.
<b><u>EQUIPMENT REQUIRED:</u></b>	Flippers, Snorkel, Mask, Gloves & Sticks (White & Black) – this is at the cost of each player.
<b><u>PLAYING VENUES:</u></b>	Huia Pool and or Wellington Regional Aquatic Centre (WRAC)
<b><u>TRAINING VENUE:</u></b>	Huia and Naenae Pools, Lowe Hutt
<b><u>SEASON:</u></b>	Terms 2 & 3
<b><u>TRANSPORT:</u></b>	Students are expected to find their own transport to and from the venues.
<b><u>COMPETITIONS:</u></b>	Wellington Secondary Schools League – Tuesday & Friday evenings – Start dates TBC Friday 8 <sup>th</sup> – Sunday 10 <sup>th</sup> June 2012 – Central Zone Tournament – WRAC, Wellington Thursday 6 <sup>th</sup> – Sunday 9 <sup>th</sup> September 2012 – NZSS National UWH Tournament – WRAC, Wellington
<b><u>REGISTRATION FEE:</u></b>	<b>\$130 – (Pool Hire may require an extra payment as well as Tournament Costs for Tournament teams)</b>

## VOLLEYBALL

<b><u>TRAININGS:</u></b>	Tuesday's & Thursday's – 3.30/5.00pm – 6/7pm – Dependant on Coaches Availability
<b><u>UNIFORM:</u></b>	SHC PE shirt, Black shorts or short tights Black Socks, Sport shoes
<b><u>VENUE:</u></b>	Various colleges around the Hutt Valley & Wellington region
<b><u>COMPETITIONS:</u></b>	CSW Secondary Competition - Term's 1 & 4 Friday between 4 – 6pm (Seniors) Wednesday between 4pm-6pm (Juniors) Friday 16 <sup>th</sup> – Saturday 17 <sup>th</sup> March 2012 - CSW Senior Tournament – ASB Centre, Wellington Friday 9 <sup>th</sup> – Saturday 10 <sup>th</sup> November 2012 - CSW Junior Tournament – ASB Centre, Wellington Summer Tournament Week: 25 <sup>th</sup> – 30 <sup>th</sup> March 2012 – NZSS Volleyball National Tournament – Arena Manawatu, Palmerston North (Senior A Team OLNy)
<b><u>REGISTRATION FEE:</u></b>	<b>\$45.00</b>

## WATERPOLO

<b><u>TRAININGS</u></b>	Naenae Pool – Sunday's 8am – TBC – dependant on Coaches & Pool time Availability
<b><u>UNIFORM</u></b>	Togs / mouth guard & SHC tracksuit
<b><u>SEASON</u></b>	Term 1 & 2 – Seniors Term 2, 3 & 4 – Juniors
<b><u>COMPETITIONS</u></b>	Wellington & Hutt Water-polo Competition's Wednesday/Thursday at Huia, WRAC and Naenae Pools Thursday 22 <sup>nd</sup> – Sunday 25 <sup>th</sup> March 2012 - North Island SSG Tournament – Auckland - (Premier Girls Team ONLY) Thursday 12 <sup>th</sup> – Sunday 15 <sup>th</sup> April 2012 - NZ SSG National Tournament – Lower Hutt - (Premier Girls Team ONLY) Thursday 29 <sup>th</sup> November – Sunday 2 <sup>nd</sup> December 2012 - North Island SSG Tournament – Auckland – (Juniors A Team ONLY)
<b><u>REGISTRATION FEE</u></b>	<b>\$130 - (Pool Hire may require an extra payment as well as Tournament Costs for Tournament teams)</b>